

MARUTHI PEDIATRICS PLLC

Dr. Badriprasad Donthi * Susan Kane PNP
110, Lattner Court, Suite 100, Morrisville, NC-27560. Phone-919-462-6206* Fax-919-462-6207*
TIN 06-1829444

Daily Food Guide for Toddlers 1 – 3 years Concerned for the shape of his head.

This chart gives you an idea of the foods your child should eat each day. Choose foods from all of the basic food groups for good health.

Food Group	Daily Amounts	Suggested Serving
Grains	3 – 4 servings At least half of all grains should be 100% whole wheat	1 piece of bread, biscuit, roll, muffin ½ cup of hot cereal, pasta, rice, potato 1 cup of cold cereal 1 pancake, 4” 1 tortilla, 6” 4 crackers
Vegetables	2 – 3 servings	½ cup raw ½ cup cooked, canned, or frozen 2 – 4 ounces vegetable juice
Fruits	2 servings	1 medium size fresh ½ cup fresh, frozen or canned (in own juice) 2 – 4 ounces of 100% juice (optional)
Protein: meat, fish, poultry, or equivalent	2 – 3 servings	1 ounce cooked meat, fish, poultry or equivalent 1 egg 1 tbsps tofu 1 tbsps of peanut butter ¼ - ½ cup of beans
Dairy	2 - 3 servings	6 - 8 ounces of whole milk or enriched soy/rice milk 1 cup of yogurt 1 ½ - 2 ounces of cheese ½ cup of cottage cheese

- x Continue whole milk for good brain development until age two.
- x To avoid choking, cut small round foods like hot dogs and grapes into bite size pieces.
- x Do not feed your child nuts, raw carrots and hard candy since these may also cause choking.

Additional Comments:

Dietitian:

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Sample Menu

Meal	Foods	3 – 4 Grain Servings	2 – 3 Vegetable Servings	2 Fruit Servings	2 – 3 Protein Servings	2 - 3 Dairy Servings
Breakfast	1 egg ½ cup of oatmeal 6 ounces of whole milk	√			√	√
Lunch	½ turkey sandwich on 1 slice of whole wheat bread with 1 slice of cheese ½ cup of cooked carrots	√	√		√	√
Snack	1 small banana 4 graham crackers	√		√		
Dinner	1 ounce of pork ½ cup of whole wheat noodles ½ cup of green beans 6 oz whole milk	√	√		√	√
Snack	½ cup of pineapple			√		

Helpful Hints

- x Try new foods by allowing your child to help you pick out the foods and prepare the meal.
- x Have scheduled meal and snack times at the table.
- x Do not make meal time a fight. Talk to your child, but not about how much food she/he needs to eat.
- x Playing with his food is usually a sign that your child is finished eating.
- x Do not give more than 24 ounces or 3 cups of milk each day.
- x Do not give more than 4 ounces or a ½ cup of 100% juice each day.
- x Avoid fried foods and fast foods as much as possible.